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Daily Eastern News: March 23, 2012

Eastern Illinois University

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Find out how to get
swimsuit-ready in this
week’s Verge!

Section B



Eastern takes 1 of 2 games
against Missouri State

Page 8

FINANCIAL AID

MAP grant deadline cut short for students

Students who filed
after March 13 will
not receive award

By Elizabeth Edwards
News Editor

The state of Illinois has cut off the deadline to accept applications for the Monetary Award Program grant.

Students who filed their Free Application for Federal Student Aid (FAFSA) after March 13 will not receive MAP

grant money.

Jerry Donna, director of the Office of Financial Aid, said the deadline for the need-based financial grant was originally supposed to be March 25 though the state of Illinois moved the deadline up to March 13.

Donna said he was expecting the state to move up the deadline a couple of days early, but he was surprised the deadline was moved up 12 whole days.

Though students who filed before March 14 and still eligible for the award could receive up to \$4,720 for 15 credit hours in the Fall of 2012 and Spring

2013.

So far 1,477 students have received the MAP grant with monies totaling \$6.6 million for the Fall 2012 and Spring 2013 school year. Though, Donna said he has not received final numbers from the state.

In contrast, last year, Donna said a total of 3,131 students were awarded the MAP grant with monies totaling \$10.9 million.

Donna said he also does not have final numbers for students awarded grant money for Spring 2012.

CUT SHORT page 5

Illinois runs out of grants

The Associated Press

Illinois has run out of cash earlier than usual for a college financial aid program, denying state assistance to tens of thousands of eligible students.

The Monetary Award Program, or MAP grants, are the primary source of need-based financial aid in Illinois, and the scholarship money is awarded on a first-come, first-served

basis, the Chicago Tribune reported Wednesday. This year, Illinois is on track to receive a record number of applications for the program.

"What we have said consistently since January is that in all likelihood, it would be the earliest (cutoff) ever," said John Samuels, spokesman for the Illinois Student Assistance Commission, which manages the program.

ILLINOIS page 5

ROTC takes off



ZACHARY WHITE | THE DAILY EASTERN NEWS

An ROTC cadet exits an aircraft after a 10-minute flight during aviation training on the Tundra on Thursday. The aircraft was a Boeing CH-47 Chinook and was piloted by Chief Warrant Officer 2 Lucas Bohm and Chief Warrant Officer 4 Mark Chojnacky.



Check out the
photo gallery on
dailyeasternnews.com

DOUDNA FINE ARTS CENTER

Unlikely combination earns standing ovation

‘Montana Skies’
combines
classical skills
with rock sound

By Andrew Crivilare
Staff Reporter

“Montana Skies” wasted no time in establishing themselves as anything but the usual classical duo or rock band.

Less than three minutes into their performance Thursday, cellist Jennifer Adams had begun losing strings on her bow as a result of her aggressive style of play. Her cello showed signs of wear near the neck where she had beat on it as a percussion instrument.

Along with her husband Jonathan

Adams on guitar, the two set an unrelenting pace and fervor to their music that did not let up until the final bow.

The two arrived in Charleston as part of the Doudna Fine Arts Center “New and Emerging Artists Series” and left to a standing ovation.

The couple’s repertoire ran the musical gauntlet of genres including Spanish-inspired pieces that would not sound out of place in a spaghetti western to riffs from contemporary Top 40 rock and roll, such as “House of the Rising Sun.”

“This one started with as a three minute cover, but we’re up to about 10 minutes now,” Jonathan Adams said of the popular spiritual-turned-rock tune. “We even worked in a little ‘Devil Went Down To Georgia’ because Jennifer said she wanted to do some Charlie Daniels.”

The members of “Montana Skies”

“Coming from a classical background,
it seemed so insurmountable
to improv.”

Jennifer Adams, cellist for “Montana Skies”

also took time to share their craft and technique to the audience, detailing how they made their unique sound, even offering to let audience members try their instruments after the show.

Jonathan Adams explained part of his creative process to the audience through one of their newest songs called “A Minor Funky.”

“I was thinking the cello part sounded Eastern-European, and Jennifer said it sounded like Zorsky’s ‘Pictures at an Exhibition,’” Jonathan Adams said. “This is Eastern-European

an meets (rhythm and blues).”

Jennifer Adams said part of what set “Montana Skies” music apart from traditional classical music is the role improvisation plays, a trope present in rock and roll classical audiences do not expect. At one point, the couple turned one song into a riff on The Beatles’ “Eleanor Rigby” with little more than a glance and a chord progression.

Will Zukowski, a Charleston resident, said he was really impressed by the improvisation in the show.

OVATION page 5

APPORTIONMENT BOARD

AB approves new budget suggestions

By Rachel Rodgers
Administration Editor

In order to offset a spilled over amount, the student government cut its recommended Fiscal Year 2013 budget by \$499 Thursday during the Apportionment Board meeting.

The Apportionment Board allocated \$500,000 of expected student activity fees to the Student Recreation Center, the University Board and the student government. The board’s funds are also allocated from this amount.

After the board’s March 8 meeting, the total from all of the budget recommendations came out to \$500,499.

Student Body President Ed Hotwagner, a senior mathematics major, said he decided to balance the total allocation because the University Board made extensive cuts and the REC made considerable cuts in the past.

The University Board proposed a budget of \$216,489, which was \$24,761 less than its \$241,250 budget last year.

In the fall, each board had to cut 6 percent from its budget because of decreased enrollment, and the REC cut \$15,000, which is about \$1,800 more than 6 percent. The REC requested \$211,000 for its FY13 budget.


Hotwagner said they cut \$99 from printing expenses and \$400 from T-shirts, \$200 from First Night T-shirts and \$200 from Panther Service Day T-shirts.

“I chose to cut from these areas because I had increased the amount in these places compared to last year,” Hotwagner said. “We had a good amount of shirts at First Night but it wasn’t enough because we still ran out early. The REC and the UB have made a lot of sacrifices so I thought it would be better if student government made the cut.”


BUDGET page 5

EIU weather

TODAY


Rain
High: 67°
Low: 48°

SATURDAY


Rain
High: 62°
Low: 52°

For more weather visit castle.eiu.edu/weather.

ONLINE

Annual dinner will help the Lincoln Log Cabin

The Lincoln-Sargent Farm Foundation will be hosting their annual fundraising dinner this Saturday.

Newly elected RHA executives look forward to next year

The Residence Hall Association elected its new executive board members for the 2012-2013 school year on Thursday.

CAA hears online learning recommendations

The student enrollment in online courses has remained consistent for the last three years, and with online course growth Eastern would be more competitive, the Online Learning Committee chairman said Thursday.

EASTERN NEWS

"Tell the truth and don't be afraid."

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Historical Charleston: THE CHARLESTON RIOT of 1864

BY TIM DETERS | STAFF REPORTER

Editor's note: This is the second article in the series entitled "Historic Charleston."

On the evening of March 28, 1864, upon the courthouse square in Charleston, the tension of a nation divided by the Civil War erupted in one of the deadliest soldier-civilian conflicts in the North during the war.

What became known as the Charleston Riot would leave nine men dead, 12 men wounded, and would spark concerns of a Northern uprising that resulted in the direct involvement of President Abraham Lincoln.

The Build Up

In 1864, Charleston was a small town of just under 3,000 people, though most of Coles County consisted of farmers and major landowners.

A majority of these farmers and landowners had either migrated to Coles County from southern states, mainly Kentucky, or were descendants of those who had, said Peter Barry, author of "The Charleston, Illinois Riot, March 28, 1864" and a descendent of those involved in the riot.

With these migrants came Southern sentiments that stood in stark contrast with many Northerners'.

"The Kentuckians were accustomed to southern culture and a conservative ideology," Barry writes.

The contrast between northern and southern ideologies was clearly illustrated with the development of the Civil War and the quarrels that ensued in the Coles County region between Democrats, or "Copperheads," who opposed the war and sympathized

with the South, Republican citizens and Union soldiers.

Most of these quarrels were void of violence, such as Copperheads showing their disapproval of the war by verbally harassing Union soldiers or Union soldiers roaming Mattoon and Charleston, shoving Copperheads to their knees and forcing them to swear allegiance to Lincoln and the Union.

However, confrontations between Copperheads and Union soldiers became more violent as the Civil War began to drag on—and in early 1864, they became brutal.

Throughout January and February on 1864, numerous incidents would result in beatings and deaths of Copperheads at the hands of Union soldiers, including the brutal attack upon Copperhead Robert McClain and the driving of him and his friends from Charleston on March 26.

Two days later, these incidents of violence paled in comparison to the violence that would unfold upon the Charleston Square.

The Riot

On March 28, 1864, the Charleston square was abuzz with activity and filled with wagons as residents from Coles and surrounding counties converged to celebrate the spring session of the 4th Circuit Court at the courthouse.

A Democratic rally also attracted hundreds of Copperheads, and 40 to 50 furloughed Union soldiers from the Illinois 54th Infantry filled the saloons prior to reporting for duty in Mattoon, Barry writes.

Tensions were high as Copperheads and soldiers engaged in sporadic bouts of shoving and yelling matches. Democratic leaders canceled the rally and began urging followers to return home before the situation got worse.

"The day was ominous," Barry said. "The conflicts, harassments and bitterness between the Dem-

ocratic citizens and soldiers had reached a boiling point."

At 3 p.m. that evening, violence erupted.

"In view of the conflicting evidence, it is impossible to say positively who fired the first shot," write Charles Coleman and Paul Spence in the "Journal of the Illinois State Historical Society."

However, Barry explains, most witnesses loosely agreed that soldiers approached Copperhead Nelson Wells and began to harass him, at which time a pistol was drawn and fired.

With the crack of the pistol, the whole square became a scene of madness.

"The firing spread like wildfire," Barry writes. "Shots were going in all directions."

The Copperheads had an advantage in the fight, Coleman and Spence explain, because they had stored weapons under the hay and blankets in their wagons in expectation of a confrontation. Most of the soldiers were unarmed.

The shooting and fighting engulfed the entire square, including the interior of the courthouse.

Barry said the participants of an ongoing trial had to be evacuated from the courthouse after bullets began passing through.

After a matter of only a few minutes, nearly 100 shots had been fired, and the death toll stood at nine dead (six soldiers, two Copperheads and one innocent bystander) and 12 wounded (four soldiers, five Copperheads and three other residents), Coleman and Spence write.

The Aftermath and Lincoln

The next day, more than 600 soldiers were convened in Mattoon and Charleston to restore order to the area and to seek out the Copperheads involved in the riot.

Many of the Copperheads involved in the riot fled back to their homes and began to make

arrangements to leave the state, some going as far as Oklahoma and Canada to escape being caught, Barry writes.

After 50 suspects were rounded up and interrogated, 29 were retained in custody and relocated to Camp Yates in Springfield.

Thirteen of these prisoners were released on April 17 after further investigation, Barry writes, and one prisoner died while in prison, leaving 15 in custody at Camp Yates.

During this time, newspapers across the nation were reporting the Charleston Riot as a potential precursor to a Northern uprising of Southern sympathizers.

President Abraham Lincoln also shared this concern, Barry writes. On June 24, 1864, Lincoln suspended the prisoners' writ of habeas corpus and ordered them to be relocated to Fort Delaware, isolated upon the Delaware River, until he could analyze the evidence of the case.

However, Lincoln met resistance from Justice David Davis, who argued the prisoners' writ of habeas corpus should not have been suspended and advocated their return to civil authorities.

Many members of the Coles County community, including personal friends and family members of Lincoln, wrote to the president and visited him in Washington, D.C., advocating for the prisoners' release, Barry said.

On November 4, 1864, four days before being reelected, Lincoln ordered the prisoners be released from Fort Delaware and returned to the Coles County sheriff.

Once back in Coles County, all but two of the prisoners, Walsh Rardin and John Redmon, were released, Barry writes.

Rardin and Redmon were tried for murder in Effingham County on Dec. 6, 1864, and were found not guilty.

Tim Deters can be reached at 581-2812 or tadeters@eiu.edu.

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GLAM MODELING

Fashions get new twist

By **Samantha McDaniel**
Activities Editor

Geek, preppy, jock and gothic stereotypical fashions will get a twist in a fashion show on Monday.

GLAM Modeling will be adding its own tweaks to the ideal clique fashions of school in its event "GLAM University: F.A.M.E. Fashion Show" at 7 p.m. on Monday in the University Ballroom in the Martin Luther King Jr. University Union.

Jeremy Nowell, a junior journalism major and the president of GLAM Modeling, said the theme for the show centers around school.

"It is something everyone can relate to," Nowell said. "We do different classes, we have multiple performances."

Monique Hampton, a sophomore communication studies major and the fashion coordinator for GLAM Modeling, said all the fashions will be school themed.

"We chose GLAM University as a theme because it is something that everyone can basically relate too," Hampton said. "There are a whole lot of versions to school, like theatrical and modeling. The clothes you see everyone wearing in school, it is how you can take each category and put a twist to it and make it runway material."

Nowell said he wanted to show the fun side of classes.

"I thought it was important to take something that some people dread or find boring, and put really good interesting fun twists on it," Nowell said.

Hampton said they will take the ideas from preppy, geek, jock and other school cliques for their show.

"We are going to add our own spark of fashion, our taste of fashion to all the outfits that you will be seeing during the show," Hampton said.

Nowell said they got some of their inspiration from outfits on campus.

"We are taking the everyday trends that people wear to class and turn it into a fashionable runway show, or a fashion extravaganza," Nowell said.

Ashley Barnes, a freshman biology major and a GLAM model, said it is a way to do what she loves to do while entertaining the audience.

"Not only are we showing off our fashion ability, but we also entertain our audience and it is very theatrical," Barnes said.

Nowell said they also want to show that anyone can be a model.

"With this fashion show we also like to put a counter attack against what the real fashion industry is like," Nowell said. "Models are supposed to be tall, skinny, just size zero, but with this show we use models of all shape, sizes, race, gender and nationality. We are showing, basically, that true beauty cannot be defined."

Barnes agreed. "We are like an inspiration to the audience because we display different body shapes and sizes," Barnes said.

Hampton said she also hopes to show people anyone can be model.

"You don't need a certain talent, everyone has a model in them," Hampton said.

Hampton said she cannot wait to

see the final product.

"It is like an artist looking at his masterpiece and its finishing," Hampton said.

Nowell agreed.

"I'm looking forward to seeing the production come to life," Nowell said. "It's like breathing life into scenes that we've been practicing for three months. We will get to see models at their best, doing what they love on the runway."

Nowell said the audience will be coming to school, but not a typical school.

"It is supposed to be a really fun experience," Nowell said. "We are actually going to get people to come to the one place they can't wait to get out of, which is school; it's kind of ironic."

Tickets for the show are \$10 before the show and \$12 at the door.

Nowell said a portion of the proceeds will go to the Colleges Against Cancer foundation. The group will also be collecting canned foods at the door for the Charleston Area Churches Food Pantry.

Nowell said he hopes the audience likes the show.

"We want to take everyone who comes to an imaginary land, where they are no longer at Eastern Illinois University," Nowell said. "I want them to really feel like they are in a classroom and these things are happening before their eyes, these scenes transform it."

Samantha McDaniel can be reached at 581-2812 or slmcdaniel@eiu.edu

The museum comes to life



MIRANDA PLOSS | THE DAILY EASTERN NEWS

Bre Williams, a sophomore psychology major, awaits further preparations for her first scene Thursday in the Grand Ballroom of the Martin Luther King Jr. University Union. Williams walked in the African Student Association's "A Night at the African Museum: From Culture to Couture" fashion show. The show explored African culture through the use of dance, music and fashion.



Check out the photo gallery on dailyeasternnews.com

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STAFF EDITORIAL

Eastern should rescind Payton’s honorary degree

Before he was head coach of the New Orleans Saints, Sean Payton was the pilot behind “The Eastern Airlines” of the 1980s, breaking Eastern football records with his rocket arm. However, on Wednesday, Payton set another record, but it didn’t have to do with touchdowns or championships. On Wednesday, Payton became the first coach in NFL history to be suspended for an entire season, the longest suspension ever given to a coach by the league.

Payton and the Saints were hammered by the NFL on Wednesday, with former defensive coordinator Gregg Williams being suspended indefinitely, general manager Mickey Loomis suspended for the first eight regular-season games, assistant coach Joe Vitt being suspended for the first six regular-season games, as well as the organization being fined \$500,000 and forfeiting second-round picks in the 2012 and 2013 NFL Drafts.

With NFL Commissioner Roger Goodell’s ruling on the Saint’s pay-to-injure bounty scandal, the team has been the center of media attention. Also caught up in this attention is, of course, the team’s head coach, Payton, and in many of these articles, Eastern is referenced as Payton’s alma mater. Obviously, Eastern does not want its name connected with a scandal in which players were paid under the table for intentionally trying to injure other players to the point where they would be carted off the field.

On March 4, *The News* reported that Payton would be one of a select group to receive an honorary degree from the university in a ceremony in May 2013.

In the March 6 staff editorial, we said that Payton did not deserve this honorary degree, due to his connection with the scandal. At the time, it was unknown just how severe or how lenient the NFL would be on Payton and the Saints, but now the details are known. Payton and the Saints got anything but a slap on the wrist from the NFL.

The NFL is clearly not taking this lightly, and neither should Eastern. The NFL wants to stress the importance of player health and safety, and Eastern should stress the importance of what it means to honorably represent the university.

Payton is bringing anything but honor to Eastern by his participation in the “bounty-gate” scandal, and should not be rewarded for such.

We understand the desire to acknowledge the remarkable athletic abilities Payton displayed at Eastern, as well as the prestige his many accomplishments have since earned him. In September 2010, Payton’s No. 18 Eastern jersey was retired, and the banner at O’Brien Stadium reflects the due appreciation of his contributions to Eastern athletics.

Conferring on Payton an honorary degree would bestow the full credit of Eastern’s esteemed academic reputation to someone who is bringing national disgrace to the university.

Eastern must not grant an honorary degree to Payton. The board should rescind its offer.

The DAILY EASTERN NEWS

“Tell the truth and don’t be afraid.”

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The daily editorial is the majority opinion of the editorial board of The Daily Eastern News.

COLUMN

Santorum shifting focus from important issues

Over the past month or so, I have seen mentions here and there from various friends and acquaintances about Rick Santorum, his socially conservative views, and the subsequent and commonly negative reaction one would have if he were to become the Republican candidate or even president.

Santorum’s views are likely no surprise to anyone who follows politics: He does not believe in legalizing gay marriage. He is pro-life. He supports a conservative way of raising one’s family. This is who Rick Santorum is and was six, 10, and 12 years ago.

Coming into this election cycle, conservatives and Republicans alike knew that Rick Santorum would be a definite favorite to more socially conservative voters, but the key problem was his electability. Well, that was supposedly the key problem until Santorum became the latest “anti-Romney” candidate.

As has been true of every candidate who has taken the second-place chair next to Mitt Romney in this Republican primary, increased attention has naturally highlighted whatever strengths and weaknesses the Santorum has. The problem is, being a socially conservative candidate, Rick Santorum has this tendency to, for lack of better description, focus almost exclusively on whatever social issue comes up on the campaign trail.

Why do I say this? It’s not that I’m annoyed that people don’t like Santorum because he doesn’t support legalizing gay marriage. The issue I have is with people, includ-



Greg Sainer

ing Santorum himself, taking their eyes off of the big picture that is the major factor in this election: the economy.

It should be stated that I am not saying the economy is the big-picture issue this election in an effort to belittle the importance of social issues. They are still very important to me personally and deserve attention, but there are times when too much attention can be placed on a single issue, and in the 24-hour news cycle, the discussion of one particular issue increases exponentially.

Basically, whatever one hears about Rick Santorum and what he said at “X” campaign stop should be taken into consideration alongside the overall context of the election. Yes, single phrases and statements on specific issues can be important in determining whether one likes one candidate over the other. However, just because a candidate says a certain thing that one may disagree with does not reflect that candidate’s likelihood in gaining his or her party’s nomination or the presidency itself. Such is the case with Rick San-

torum.

Assuming that the brokered convention scenario laid out in a Thursday column in *The Daily Eastern News* does not play out in Santorum’s favor, it is safe to say that the likelihood of Rick Santorum winning enough delegates via the primaries is low.

Why? Because, despite Santorum’s popularity with social conservatives, the presidency of Barack Obama has given economic issues the prominent role among many conservative voters, and Santorum’s record of supporting spending measures as Senator does not fall in line with the Tea Party-influenced theme of fiscal conservatism this election cycle. Add Santorum’s views on the role of government in advancing his socially conservative agenda, and one finds that he supports cases of government intrusion/intervention that make conservatives nervous.

While this is not to say that Santorum is guaranteed to drop out of the Republican primary within the next month, I do wish to stress to those concerned about him becoming the nominee that they can relax a little. At the same time, however, I would encourage those same people to understand the larger issues that are inherently present in this election, if possible. Doing so could possibly change your concerns to outright joy.

Greg Sainer is a senior communication studies major. He can be reached at 581-7942 or DENopinions@gmail.com.

FROM THE EASEL

On March 2, Eastern's Board of Trustees voted to confer an honorary degree on Sean Payton. After the NFL announced Wednesday that Payton would be suspended for a season for his role in the bounty scandal, the Board is considering whether to go forward with other honorary degrees:

<p>Pete Rose</p> <p>Accounting</p>	<p>Barry Bonds</p> <p>Pre-Pharmacy</p>	<p>Brett Favre</p> <p>Communication Studies</p>
<p>Mike Tyson</p> <p>Dietetics</p>	<p>1919 White Sox</p> <p>Organizational & Professional Development</p>	<p>Tonya Harding</p> <p>Kinesiology</p>

DAVE BALSON | THE DAILY EASTERN NEWS

COLUMN

How we can win the never-ending war on bugs

For those of us dwelling on land, it’s that time of year again (albeit a bit earlier than previous years). The bug wars have started.

For some of you, this may mean you see ants crawling up your walls, and across desks and floors. Others may see “water crickets” in their basements. Maybe that spider you let stay in its ceiling corner during winter has suddenly relocated to under your dresser or next to your bed. Whatever pest has shown up, it is a declaration of war!

I am a veteran of these wars, a veteran and survivor. My most recent battle was with some scouting ants that tracked down the wilting flowers on my desk.

I’m going to share my survival tactics with you. Be warned, these are not for the squeamish or weak of heart.

If your common sense (or roommate, landlord, or some higher authority) insists you call an exterminator instead of going to war yourself, I suggest you do so right now.



Julia Carlucci

For those of you not on the phone and still reading this, here is my latest strategy: fight bugs with bugs.

Since my spiders relocated to under my dressers, I was accosted with the sight of their dusty webs every day. But no more! I got rid of those webs. Right now (I’m pretty sure) the spiders are in a corner behind my desk. Conveniently placed near where the ants come in.

I used a cup to trap the spiders and left a dead ant in the corner (died on the sticky side of a sticky note) where I released it. Since then, I have seen neither cuticle nor hair of the spiders under

my dresser or on the ceiling. What I have seen is a decrease in the number of ants to right around zero, which is just where I want it.

It also helps that I carpet-bombed every other area with Raid. I do not usually use it unless I’m desperate, and I was. The ants were getting uncomfortably close to my bed.

A new trick I learned about this year is yeast. I’ve heard it will expand inside the ants and burst their stomachs. I haven’t tried it myself yet, but I’ve had believers say their ant problem dwindled after they left yeast out. Past attacks I’ve used against ants have included using chalk to deter them from going where I did not want them.

In the end, your best bet is to keep a clean home. If they don’t find anything they want then they’ll move on.

Julia Carlucci is a senior English and journalism major. She can be reached at 581-7942 or DENopinions@gmail.com.

Letters to the editor can be submitted at any time on any topic to the Opinions Editor to be published in *The Daily Eastern News*.

The DEN's policy is to run all letters that are not libelous or potentially harmful. They must be less than 250 words.

Letters to the editor can be brought in with identification to *The DEN* at 1811 Buzzard Hall.

Letters may also be submitted electronically from the author’s EIU e-mail address to DENopinions@gmail.com.



Musician Jennifer Adams plays the electric cello while her husband Jonathan Adams plays guitar Thursday in the Theatre of the Doudna Fine Arts Center. The two make up the cello-guitar-fusion group Montana Skies.

OVATION, from page 1

“It’s cool to be part of music that is composed while we’re sitting here,” he said.

Alyssa Zukowski, a graduate student, said “Montana Skies” showed her a side of music she had not seen before.

“I’m enthralled, it’s very unique,” she

said “The cello is my favorite instrument, I’m really inspired.”

Jennifer Adams said she was with the audience reactions.

“Coming from a classical background, it seemed so insurmountable to improv,” Jennifer Adams said. “It’s

not like you’re going to throw rotten tomatoes at us, at least not in a pretty theater like this.”

Andrew Crivilare can be reached at 581-2812 or ajcrivilare@eiu.edu.

BUDGET, from page 1

Last year, the Apportionment Board allocated \$540,000, and the boards had to cut a combined \$24,000 because the requested budgets totaled \$564,000, Hotwagner said.

“Any kind of cut is difficult to make, but at least it wasn’t as much as last year,” he said.

After the \$499 cut, the Apportionment Board unanimously approved each of the proposed budgets.

The budgets will go to the Student Senate for approval and then they will be presented to Daniel Nadler, the vice president for student affairs.

The \$500,000 allocation was deter-

mined by enrollment predictions to estimate how much funding the university will receive from student activity fees.

Rachel Rodgers can be reached at 581-2812 or rjrodgers@eiu.edu.

ILLINOIS, from page 1

The grant money was depleted by students who applied between Jan. 1 and March 13. That is the earliest the state has run out of funds for those grants, Samuels said.

More than 140,000 students are expected to get the grants, which are worth up to \$4,968.

An estimated 140,000 other eligible students will be denied.

“For some families, I am sure it is devastating in this economy,” said Nina Kenney, whose daughter attends Augustana College in Rock Island and missed the application cutoff by two days. “It is unfortunate.”

The state is planning to fund the program with at least \$387 million.

Gov. Pat Quinn wants to increase that amount by \$50 million so that an-

other 35,000 students would get grants. Illinois would have to provide \$1 billion to give every eligible student a MAP grant, Samuels said.

Those who missed the cutoff for the state assistance can still apply for federal help through the Free Application for Federal Student Aid.

WOMEN’S HISTORY & AWARENESS MONTH

Spanish professors translate writings

By Robyn Dexter
Campus Editor

Two Eastern professors educated a small crowd of students on feminist writings they had translated from Spanish Thursday.

The presentation, titled “Women Writing Argentina and Spain,” was a part of Women’s History and Awareness Month.

Spanish professors Vanesa Landrus and Kristin Routt presented their research, which they had interpreted and expanded on for the event.

Routt’s presentation was on the book “Historia del Rey Transparente,” which translates into “Story of the Transparent King.”

The book tells the story of a girl who dresses as a knight and pretends to be a man and was written by Spanish author Rosa Montero.

“She’s a best-selling author and a journalist for one of the most widely-circulated magazines in Spain, but she’s also anthologized a lot as well,” Routt said.

Routt said she became interested in the book when it became published in Spain in 2005. The idea of a girl dressed up as a knight intrigued her, and she said she had the opportunity to learn some medieval history as well.

“I had a student who wanted to do an honors thesis (on the novel) with me,” she said. “That’s when I started doing critical research myself on it.”

Landrus talked about Argentine

women and fashion in her presentation, “Fashion Identity in 19th Century Argentine Women’s Press.”

She said there were only seven magazines and newspapers written by women in 19th century Argentina.

“Women’s periodicals are scattered over Argentina in different libraries, but the first periodical written by women, La Aljaba, can be found at the University of Illinois,” she said.

Landrus said women journalists played a crucial role in how fashion was interpreted by Argentines as well as identity construction in Argentine women.

“The different representations of the female body in the Argentine women’s press expressed the appropriation and rejection of fashion trends that help us to understand the social dynamics of the 19th century,” she said.

Landrus told presentation attendees how many of the 19th century fashion trends in Argentina came from Paris, where the seasons are opposite.

Because of this, many Argentine women rejected Parisian trends, where all the big trends came from, because they were uncomfortable with the weather.

“The body became a special symbol of women’s freedom that contrasted with the limitations on women at the time,” she said.

Robyn Dexter can be reached at 581-2812 or redexter@eiu.edu.

CUT SHORT, from page 1

The 3,131 students that received grant money last year comes close to one third of students on Eastern’s campus, he said.

“That’s a lot of students,” Donna said

The numbers create a pretty good contrast, but cannot be compared apples to apples since the final numbers are not in, Donna said.

The state of Illinois’s MAP grant program is one of the highest grant programs of any state, but because of financial difficulties they are having trouble paying for them, he said.

“Illinois is trying to do right by its students,” he said.

The state of Illinois could give out more money for the MAP grant later this spring but Donna said that is not definite.

The office of financial aid will help students consider other possibilities such as community scholarships, family savings or student loans. Donna said he will continue to encourage students to get their FAFSA in as early as possible. Students can submit their FAFSA as early as Jan. 1.

Elizabeth Edwards can be reached at 581-2812 or dennewsdesk@gmail.com.

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The New York Times

Edited by Will Shortz
No. 0217

ACROSS

- Stud, say
- Court defendant: Abbr.
- He played Don Altobello in
"The Godfather Part III"
- Fair
- Side effect?
- Hillbilly's plug
- More, to a 37-Down
- Eric of "Funny People," 2009
- It's gradually shrinking in the
Arctic
- Lost traction
- One punched in an office
- Kitchen dusting aid
- Admirable person
- They might be left hanging
- Not pussyfooting
- 1990s Indian P.M.
- "Youth With a Skull" painter
- Didn't use a high enough
45-Across, maybe
- Carpenter's groove
- Some E.M.T. cases
- They stand for things
- Kind of nut
- Evenly matched

- Employees at a ritzy hotel
- Is routed by
- Whiff
- Hand holder?
- Grain, e.g.
- Ray blockage no.
- Month whose zodiac sign is a
fish
- "Lady Baltimore" novelist, 1906
- Prefix with 3-Down
- "It'll be O.K." lead-in
- Tummy filler
- "Whoa, not so fast!"

DOWN

- Appear thrilled
- Two before Charlie
- Computing 0s and 1s
- Milk source
- Sense, slangily
- Aquila's brightest star
- Secretive body part
- Mariner's grp.
- Outer: Prefix
- Postapocalyptic best seller of
1978
- Wraps up
- Send
- Flighty type
- Drills, e.g.
- League division
- Criteria: Abbr.
- Veers sharply
- Friend one grows up with, often
- "News to me!"
- Reason for a track delay

ANSWER TO PREVIOUS PUZZLE

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Top Cat
with Stephanie Maday, softball pitcher

Maday leading team through hot streak

By Erik Jensen
Staff Reporter

Panther sophomore ace Stephanie Maday was the recipient of the Top Cat this week for her recent domination on the hill. For the season, Maday has posted a 7-6 overall record with a 2.34 ERA in 77.2 innings of work.

This past week, en route to being named the OVC Player of the Week, Maday went 3-1 on the mound while striking out 22 batters—an average of one strikeout per inning. The highlight of her performances came against conference foe Morehead State, when she earned her ninth career shutout in a 5-0 Panther victory.

The most impressive thing about Maday might be her consistency. She always performs at a high level, which leads to extremely high expectations every time she steps foot on the mound. Maday doesn't look at it like this,

though, and instead chooses the Zen approach of taking everything one step at a time.

"It's when you start listening to what other people are saying and putting extra pressure on yourself that things don't go as expected," Maday said. "That's something Coach Schuette and I have talked about a lot already this season. We talked about going out there and taking it one game, one inning, one batter at a time and not putting pressure on myself to exceed the accomplishments I had last year."

This approach, along with Maday's great work ethic, has been the blueprint to success for the sophomore ace. Over the offseason, Maday worked hard to make herself a better player, which sounds easy, but is pretty hard when you're already good.

"During the offseason I worked on making my pitches better," Maday said. "I worked on speed and spin-

ning my pitches to get more movement. I worked on being able to hit my spots on every pitch. We also worked on what approach to take on a batter, such as what pitches we want to throw at certain points throughout the at bat."

For the season, Maday has tallied 73 strikeouts in 77.2 innings pitched, for almost one strikeout per inning. She really enjoys painting the corners, and will go with whatever pitch is working best at the moment for her top results.

"I love the ball low and on the corners, so I usually stick with my curve ball or my drop ball," Maday said. "Recently, my drop has been my strikeout pitch."

Even though the team is only 11-11 to start the season, Maday feels confident that they will finish well. The team has built great chemistry over the past couple weeks and Maday cites that as a reason for her high expectations.

"People may look at our record right now and think 'What's going on? Why

"I think now we are starting to play together as a team. We are making big plays and different people are stepping up at different parts of the game."

Sophomore softball pitcher Stephanie Maday

are you guys only at .500?" Maday said. "I think now we are starting to play together as a team. We are making big plays and different people are stepping up at different parts of the game. We are gaining confidence in each other and what our team can do."

Maday is a team player first and foremost, and loves to get her teammates involved when she's on the mound.

"I love getting grounders so my defense can make the plays," she said. "And what's not to love about a big

strikeout? I love pitching for this team, and I wouldn't have it any other way."

Maday has been pitching since the age of eight, and doesn't look to stop anytime soon. With a large portion of the season left, and only being a sophomore, Eastern fans can expect to hear a lot more from Stephanie Maday, the Top Cat of the week.

Erik Jensen can be reached at 581-7942 or at ejensen@eiu.edu

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MEN'S BASKETBALL

Finalists announced for coaching position

By Dominic Renzetti
Sports Editor

The search for Mike Miller's replacement as head men's basketball coach is down to five, athletic director Barbara Burke announced the list of finalists Thursday.

The finalists are David Cason, Brian Fish, Doug Novsek, Kareem Richardson and Jay Spoonhour.

Carson, currently an assistant coach at Vanderbilt, where the Commodores won the Southeastern Conference (SEC) tournament. Finishing with a record of 25-11, Vanderbilt was eliminated in the second round of the NCAA Tournament. Carson has been at Vanderbilt for one season, while previously spending six

seasons at Tulsa (three seasons as assistant coach), and also coaching at TCU, Manhattan, Notre Dame, as well as Eastern. He was also the director of basketball operations at North Carolina for three seasons.

Fish, currently an assistant coach at Oregon, who finished the season with a record of 24-10, losing in the quarterfinals of the NIT post-season tournament. Fish is in his first season with Ducks, after previously coaching at Creighton, Sand Diego, TCU and Marshall.

Novsek, currently the assistant coach at Nevada, where the Wolf Pack won the Western Athletic Conference (WAC). Nevada finished with an overall record of 28-7, losing in the quarterfinals of the NIT post-

season tournament. He is in his sixth season as an assistant for Nevada, while also coaching at Nebraska, Illinois State, Texas State and Indiana State. Novsek, who played college basketball at Southern Illinois-Carbondale, was a runner-up for the Illinois Mr. Basketball award in 1982.

Richardson, currently an assistant at Xavier, where the team is set to take on Baylor in the Sweet 16 of the NCAA Tournament on Friday. Richardson is in his first season with the Musketeers, having previously coached at Drake, Missouri-Kansas City, Evansville, Wright State and Indiana State. A native of Rantoul, Richardson first coached at the University of Indianapolis in 1997.

Spoonhour, currently the head coach at Moberly Area Community College in Missouri, led the team to a 22-8 record. The team lost in the NJCAA Region 16 tournament. Spoonhour is in his third year as head coach, and is the son of Charlie Spoonhour, who was an assistant coach at Missouri, Saint Louis, UNLV, Texas San-Antonio and Valparaiso.

Each of the finalists is set to interview on campus in the next two weeks, depending on availability, according to a press release from the Eastern athletic department.

Dominic Renzetti can be reached at 581-7942 or dcrenzetti@eiu.edu.

Coach Finalists

• **David Cason**, assistant coach at Vanderbilt

• **Brian Fish**, assistant coach at Oregon

• **Dough Novsek**, assistant coach at Nevada

• **Kareem Richardson**, assistant coach at Xavier

• **Jay Spoonhour**, head coach at Moberly Area Community College in Missouri

SOFTBALL



SETH SCHROEDER | THE DAILY EASTERN NEWS

Senior pitcher Hayley Pieper swings at the ball during a game against Missouri State Thursday in Williams Field. Eastern won the game, leaving the team's record at 12-12 for the season.

Eastern takes 1 of 2 games against Missouri State

By Erik Jensen
Staff Reporter

The Eastern Illinois Panthers split a doubleheader in non-conference action against the Missouri State Cougars at Williams Field in Charleston.

Due to inclement weather, the game time was moved up 30 minutes to 3:30 p.m., to give both games the best chance of being completed.

The first game of the day was well played sans a few sloppy moments that ended in an 8-3 victory in favor of Missouri State.

Game one was a close affair heading into the sixth inning with the Panthers trailing 3-2, until Missouri State exploded to put a five spot on the scoreboard in the top of the inning. Missouri State got its production in the form of doubles.

Panthers' pitcher Hanna Mennenga retired the first batter she faced in the

sixth with a fly out to leftfield. The rest of the inning wouldn't be quite so easy, though. Missouri State hit three straight doubles that resulted in two runs scored for the Bears. They went on to score three more runs in the inning to put the game out of reach.

All season long, Eastern head coach Kim Schuette has made it a point to her team to get on the scoreboard early. Her point is backed up by the stats. In 11 of Eastern's 12 losses this season the other team scored the first run.

In the second game of the day, the Panthers were able to revenge their loss in game one with a 5-4 victory.

OVC pitcher of the week Stephanie Maday made the start on the mound for Eastern and improved her overall record to 8-6. She went the full seven innings, striking out six Bears while allowing only five hits.

Junior Ally Seplak had a great game at the plate and ended up leading Eastern

to victory. Seplak went 2-for-3 with two big RBI's. Sophomore second baseman Carly Willert and her third baseman classmate Ashleigh Westover both went 2-for-3 at the plate as well.

Junior Melise Brown continued her hot streak with the bat as she went 2-for-4 with a RBI. She also stole her fifth base of the year.

Not surprisingly, Bailey O'Dell was once again a plus for the Panthers in the leadoff spot. She went 2-for-3 with an RBI in the victory.

The Panthers' record is now 12-12 for the season. They will be back in action on Tuesday at Williams Field against Butler, where they will play a doubleheader with the first game kicking off at 4 p.m.

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BASEBALL

Panthers open OVC play against in-state rival

Panthers seek quick start to conference season

By Jordan Pottorff
Assistant Sports Editor

Eastern's baseball team will begin Ohio Valley Conference play with a weekend road trip to Edwardsville to take on in-state foe Southern Illinois-Edwardsville in the conference opener. The Panthers enter the game with a record of 7-11 and will look to improve on their 0-3 mark against the Cougars in last years season series.

"We are on the road and our goal is to win two games," Schmitz said. "We have played 18 games to get ready for this and we have found some things out. Right now it's all about coming up with two wins."

In the conference opener Eastern head coach Jim Schmitz will turn to redshirt senior Mike Hoekstra to pick up the first conference win of the season. Hoekstra has posted a record of 1-2 to go a long with a stellar ERA of 2.94. He has tallied 24 strikeouts while issuing just nine walks in a team-high 33.2 innings of work.

In game two, the Panthers will turn to sophomore left-hander Christian Slazinik to make his sixth start of the season. For the year, Slazinik boasts a record of 3-2 with a team-leading 1.78 ERA. The southpaw has recorded 27 strikeouts and surrendered just six earned runs in 30.1 innings pitched.

For the season the Panthers pitching staff has been dominant, posting a league-leading ERA of 2.92 to go a long with an opposing batting average of .240, which ranks first in the OVC. The Panthers also lead the conference in hits allowed (134), runs allowed (68), earned runs allowed (50), and

walks allowed (51).

Offensively, the Panthers have struggled to find consistency, posting a team batting average of .234. Although Eastern has struggled to score at times, it seems to be finding its groove of late, scoring five or more runs in three of its last four games.

"Finally, things are finally breaking through," Schmitz said. "We have kept plugging away and have made some changes to a few swings and to our philosophy. Today's batting practice was one of the better ones we have ever had and our guys are really sitting on fastballs."

Leading the Panthers' offensive attack is junior Ryan Dineen, redshirt senior T.J. McManus and sophomore Jacob Reese as they each have posted averages above .300 heading into conference play. Dineen leads the team with a batting average of .349 to go a long with a team-high 22 hits. The junior second baseman has also proven to be a threat on the base paths, recording eight steals in 11 attempts at this point in the season.

Jacob Reese has been a major surprise for the Panthers in 2012. The sophomore catcher has seen a major spike in his stats from his first season on campus, recording a .344 batting average compared to hitting just .237 during his freshman campaign. Reese ranks second on the team in hits (21), and is tied for the team-lead in doubles and RBI with six and nine, respectively.

McManus has also been a force at the plate, hitting the ball at a clip of .313 for the season. The redshirt senior has recorded 15 hits, a team-leading six doubles and has pushed across four RBI's in 14 games this season.

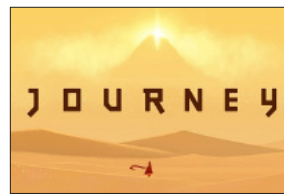
The Panthers will open conference play today at 6 p.m., and will round out the weekend series with games at 1 p.m. on Saturday and Sunday.

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MARCH 23, 2012

VERGE

The Daily Eastern News' weekly arts and entertainment section

It's time to WORK OUT

With swimsuit season right around the corner, students look for ways to get in shape

By Sara Hall
Verge Editor

Preparing for swimsuit season, training for a race or just to continue with fitness plans: whatever your reason, the warmer months tend to have an increase in people looking to get into shape.

Emily Dupuis, a junior family and consumer sciences major, said one of the best places to start, or even continue, fitness plans is the Student Recreation Center.

"The rec is for anyone, whether they've been going for years or are just getting into it," she said.

Both Dupuis and Pam McLeod, a graduate student in exercise science, suggested individuals try a workout class to help them get a feel for exercising.

"If someone is new to working out, it's hard for them to come in with their own workout routine," Dupuis said. "They may see all the equipment, and it can be overwhelming."

By coming in simply for a class, Dupuis said students can acquaint themselves better with the rec.

"Not only will people get into a good routine, they'll familiarize themselves with the rec," she said. "They can then add on to their routine, like working out before class or adding moves from the classes into their own routines."

Dupuis said the classes are meant to appeal to everyone and are not meant to intimidate those who are new.

"We design the program to challenge people that are coming for the first time so they won't be overwhelmed, and still challenges those who are regulars," she said. McLeod said of all the classes, Zumba has grown to become the most popular among students. Dupuis said she credits this to the class's fun atmosphere.

"It's like a party," she said. "We

scream, jump up and down, and by the end of it, we are drenched in sweat."

Kayla Wagner, a senior kinesiology and sports studies major, said people's workout preferences can vary based on their personalities.

She teaches a yoga class in the mornings and finds many people enjoy the early-morning relaxation.

"I find that I have a lot of people that want the calming music and the calming stretches," Wagner said. "Some people really love that."

Still, Dupuis said people, especially females, tend to not only be intimidated by the rec itself, but also the equipment. However, she advises those people to look past their preconceptions and fears and to just try the machines out.

"It's here for everyone to use," she said. "It's not just limited to bulky guys."

To combat any fears students may have about using the Rec, Dupuis advised students to come during a time that is less busy.

"Come on a day when it's slower and give yourself some time to look around," she said.

Dupuis said once people become more acclimated with the Rec and use it more often, they are more likely to continue coming back.

"They start to come in more and become more comfortable, and they learn not to be intimidated," she said.

McLeod said by trying new things, students can solidify the exercises that best suit them.

"Move around and find a routine that works for you," she said. "Get comfortable, and then try new things."

McLeod advised for beginners to work out three to five days a week for 30 minutes to an hour until they are ready to move on to the next stage of their workout objectives.

Although students may be eager to meet their fitness goals, Dupuis ad-

vised students to take it slowly until their bodies can fully adapt.

"Listen to your body. If you're just getting into exercise, don't push it by hurting yourself," she said.

Dupuis said overdoing an exercise routine may also cause people to want to give up on working out altogether.

"A lot of people burn out quickly by coming every day for two or three weeks," she said.

To continue to stay motivated, Wagner suggested finding a workout partner who has the same goals at you.

"I think when you have someone that calls you up that says, 'Hey, it's time to go,' it helps you get up and actually go," she said.

Wagner also suggested switching up the location of individuals' workout location. She said moving a workout outdoors is important to break up monotony.

"It's important to give yourself the variety it can get really boring if you go in one place," she said.

McLeod also said people should not just limit themselves to the indoors. To keep workouts diverse, she said they should also incorporate outdoor exercises.

"It's another part of challenging yourself," she said.

Most of all, Wagner said if people can stick with their workouts, they will continue to reap the rewards of their hard effort.

"I think our bodies are amazing and see how far you can push it," she said.

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PHOTO BY KIM FOSTER | THE DAILY EASTERN NEWS

Total-body health much more than exercise

By Sara Hall
Verge Editor

Exercise alone cannot ensure total-body health. The proper diet of foods pre- and post-workout should coincide with individuals exercises.

Common dietary misconceptions

Natalie Rodakowski, a family and consumer sciences instructor, said one of the most common misconceptions people hold is if they work out, they can allow themselves to eat whatever types of foods they want.

“You can never out-exercise a bad diet,” she said. “There are many athletes who look like they are healthy from the outside, but could be doing damage to their arteries and heart by eating high-fat and high-sugar foods.”

Rodakowski said it is not always necessary to document calories for those looking to lose weight. However, she stressed the importance of being more health-conscious and aware of what people are putting into their bodies.

“I would rather an individual eat 2,500 calories full of fruits and vegetables than 2,000 calories of high-fat foods,” she said.

Fueling pre-workout

Rodakowski said another myth people tend to believe is that they should not eat anything before a workout.

“Eating carbs is beneficial because it will fuel your workout,” she said. “Exercising on an empty stomach will only hinder your performance.”

Michael Ann Kelly, the nutrition education coordinator at the Health Education Resource Center, said based on individuals’ personal workout goals, they should eat different foods at different times before exercising.

She said those interested in strength training should eat one to two hours before working out,

with 75 percent of their meal coming from carbohydrates and 25 percent from protein.

She said for those interested in cardio, eating 30 to 60 minutes before working out is ideal, with the meal being comprised almost completely of carbohydrates in order to provide plenty of glucose for energy.

Rodakowski said when it comes to which foods to eat for pre-workout meals, everyone is different, but there are still basic guidelines each person should follow.

“The best types of foods (to eat) should be complex carbohydrate-based. This would be foods like pasta, bread, rice or fruits,” she said. “This will give you the energy that you need before you exercise.”

Replenishing post-workout

Rodakowski said post-workout meals are equally as important as eating before exercising.

“Your glycogen stores have been depleted after a workout, and it is your job to replenish them,” she said. “If you do not replenish them, your body will start to use your protein for energy, which will reduce any muscle that you have been building up.”

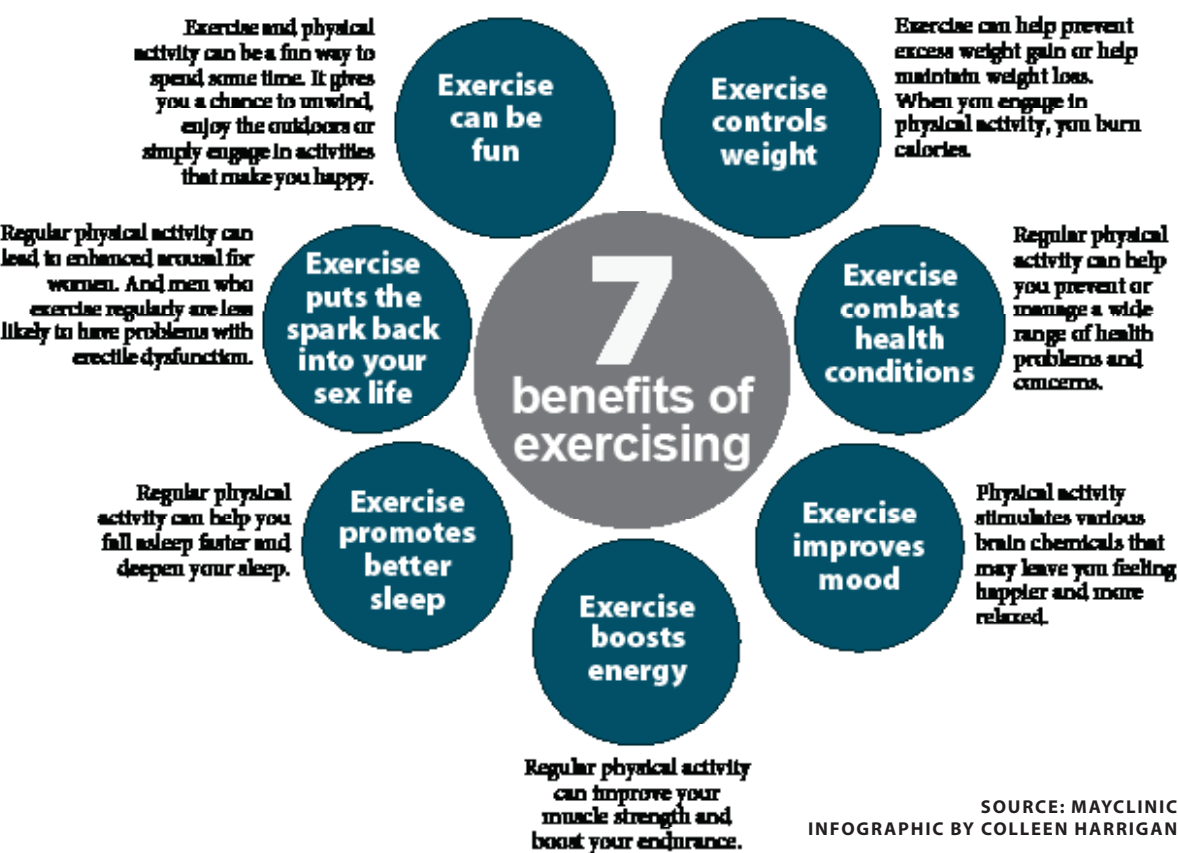
Rodakowski said this can be done with a basic high carbohydrate and protein snack, such as chocolate milk.

Many physically active people who want to gain muscle mass think that they should just be consuming protein, Rodakowski said.

However, she stressed that the body also needs carbohydrates for energy, otherwise the body will begin to work counterproductively.

“This is why it is so important for muscle enthusiasts to make sure they are sparing their protein to make muscle and get adequate amount of carbohydrates,” she said.

Rodakowski suggested eating lean meats such as chicken breasts without the skin, seafood, egg whites, beans, low-fat dairy prod-



ucts and even lean beef.

Kelly said people should strive to get protein within one to two hours of working out to prevent any muscle breakdown.

Eating the proper foods is not the only step to ensure your body is being taken care of post-workout.

She also stressed the importance of rehydration after exercising, even for the smallest amount of physical activity. “The main thing to remember after working out is to replenish any water loss. It is important to drink plenty of water, especially when it is hot out,” she said.

Kelly said those that work out for 60 minutes or more may choose a sports drink like Gatorade to replenish electrolytes lost.

Eating to meet your goals

Each individual needs a different amount of calories based on their height, weight and age, Kel-

ly said.

She suggested using the Harris-Benedict formula and then multiplying it by an activity factor based upon how much an individual works out.

“If someone is looking to lose weight, I then subtract 500 calories from the number, or if they are looking to gain, I add 500,” she said.

Kelly said each person should focus on eating certain foods based on their individual goals.

“The best advice I would say for getting lean is to make sure to increase your fruit and vegetable intake with a variety of each and choose low-fat dairy products,” she said. “For building muscle I would say to make sure you are getting

an adequate amount of protein after your workout to avoid muscle breakdown.”

Kelly said the main idea for anyone choosing foods is to pick something that is nutrient-dense.

“A bag of chips is high in calories, but provides minimal nutrients,” she said. “A handful of nuts is high in calories and packed full of nutrients.”

Rodakowski recommend individuals start off slowly with goals and not to get easily discouraged.

“Trying to be the perfect eater while working out every day can be overwhelming,” she said.

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weekend events

what's going on around town

Friday	Saturday	Sunday
New Years Eve 7 p.m. Buzzard Hall	New Years Eve 7 p.m. Buzzard Hall Charleston Square Fest 8 p.m. Buzzard Hall	We couldn't find anything on our calendar. Do you know of any upcoming events? Email: denverge@gmail.com

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Striving for the fun of it, despite weather

By: Jaime Lopez
Verge reporter

They run miles and miles in the dark, the scorching heat and the nasty humidity without even being on a sports team. To an outsider, they may seem crazy.

But to members of Eastern Illinois Striders, a club devoted to recreational running, taking time out of the day to work out despite the weather or hour is not a hard task, said, Nathan Johnson, a senior art major and the president of the organization.

“We’re all busy, but we try to set up runs as much as possible,” Johnson said.

The club welcomes anyone who wants to run.

“Our members aren’t just students, but faculty members, too. They come to work out and stay fit,” Johnson said. “We even have elite members who train with us and compete in marathons.”

Since the club is open to everyone, Johnson said the runners divide themselves into different groups because everyone is at a different mileage level.

“We try to accommodate to everyone,” he said. “Not all people can run seven or 10 miles their first time.”

Johnson recommends inexperienced runners try to run for 10 minutes straight, and then jog for 10 minutes. This routine helps runners prepare themselves for longer distances down the road, he said.

He also said lifting weights helps a runner’s performance.

To see how each runner’s times have progressed, the Striders put on a few competitive races called “The Prediction Mile.”

Runners predict a time, and

the runner closest to his predicted time wins.

The club is very group-oriented and focuses on individual relationships outside of running, Johnson said.

“We host bowling nights and see each other outside of practice,” Johnson said.

When the runners—both elite and non-elite— participate in marathons and charity races, they represent the club by wearing gear with its logo.

“Every time I run, I support my club,” Johnson said.

Johnson said the Striders’ efforts to become better runners have brought them closer together.

“We are all aware of each others’ goals, and we help one another in achieving them,” he said.

Johnson said anyone looking to stay in shape or simply run for fun can attend the Eastern Illinois Striders’ practices.

They meet at Lantz arena every Wednesday at 7p.m. and every Saturday at 4 p.m.

Jaime Lopez can be reached at 581-2812 or jllopez@eiu.edu.

Workout styles vary depending on personalities

Social, chill, outdoorsy, self-motivating, fast paced, ever-changing - everyone's different

1. When you go to the gym, what’s your favorite way to work out?

a) With a friend; it helps keep you motivated to finish your work out
b) A yoga class
c) You honestly hate the gym and would rather exercise outside, no matter what the weather
d) Anything, as long as it’s on your terms and at your own pace
e) Spending some time on the elliptical or bike; you can get a work out in while doing other things, like reading, watching TV or texting a friend
f) Pilates, Abs or Zumba, whichever class is being offered at the time. You love to try new things.

2. Your teacher assigns you a project that can either be done in groups or by yourself. You:

a) Work in the biggest group possible
b) Choose whichever is going to cause the least amount of stress for you
c) Decide to work with a close friend
d) Do the project yourself
e) Choose whatever is going to be the most time-effective
f) You don’t care – you like to switch things up

3. When it’s the weekend, you like to:

a) Hang out with a big group of friends
b) Spend the afternoon reading or watching TV and spend the evening doing something low-key, like staying in and watching a movie with friends
c) Go hang out at a park or explore some hiking trails
d) Sometimes hang with a small group of friends, but if plans fall through, you’re totally fine spending time by yourself
e) Fit as many activities in as possible
f) Do anything, as long as it’s something you haven’t done before

Take this poll to find out!

4. When you drive to school in the morning, you like to listen to:

a) A new playlist your friend made you – she has the same taste in music as you
b) Something slow and relaxing
c) Something upbeat and mellow
d) The latest CD of a new band you find online
e) Something energetic that gets you ready for the day
f) Your iPod on shuffle

5. When you feel stressed, you:

a) Talk to your friends about what’s going on
b) Take deep breaths or meditate
c) Go for a walk outside to blow off steam
d) Make a to-do list
e) Keep chugging along; if you stay busy, you’ll soon forget you’re stressed out
f) Try to think about something else.

If you answered:

Mostly A's: Social

You enjoy working out, but hate strenuous, marathon-length workouts. You work out not only for the exercise, but the social aspect as well.

Watch out for: Solo sessions. You need a partner or group to keep you focused.

Suggested workouts: Zumba or some other group exercise class

would be right up your alley. Walking or running with a friend or partner medicine ball exercises would easily fit your exercise needs as well.

Your playlist:

“Wind It Up” by Gwen Stefani
“Starships” by Nicki Minaj
“Get Me Bodied” by Beyoncé
“Bad Romance” by Lady Gaga
“S.O.S. (Rescue Me)” by Rihanna

Mostly B's: Chill

When you work out, it’s not about intensity, but relaxation. Working out is your “me” time, so you want it to make it as calm as possible.

Watch out for: Overcrowded gyms. You want and need as serene of an environment as possible to fully enjoy your workout.

This means you need to choose

Your playlist

“Pumped Up Kicks” by Foster the People
“Pocketful of Sunshine” by Natasha Bedingfield
“California Gurls” by Katy Perry
ft. Snoop Dogg
“Dog Days Are Over” by Florence + the Machine
“Sleepyhead” by Passion Pit

a time of the day when the gym is least crowded, or work out at home.

You enjoy the time spent alone merely for the relaxation, so keep relaxed, it works for you.

Suggested exercises: Yoga can be your best friend.

It is notorious for being both relaxing and strength building, so you get the best of both worlds.

Either choose an exercises class,

or purchase a yoga routine DVD to which you can work out on your own.

Your playlist
“Float On” by Modest Mouse
“Feel Good Inc.” by Gorillaz
“Kids” by MGMT
“Heartbeats” by The Knife
“Such Great Heights” by The Postal Service

Mostly C's: Outdoorsy

You don’t mind working out, as long as it’s in the right environment. Going to the gym cramps your style, so you need to be outside as much as possible to fully enjoy your workout.

Watch out for: Crowds. While sometimes it’s necessary to go to the gym, like on days when the weather is bad, avoid it as much as possible. You won’t be able to give it your all

if you don’t work out in the place that best fits you.

Suggested workouts: Anything that can be adapted for the outdoors. Luckily, as the weather gets warmer, your options expand. Try anything from the staple outdoors exercises, like running, walking, sports like basketball or biking to the more outside-the-box activities, like rollerblading or Ultimate Frisbee.

Mostly E's: Fast-paced

When you exercise, you like to get in and get out of the gym as quickly as possible.

You’re always on the go, so you need to accomplish your daily exercise goals in a timely manner.

Watch out for: Long, marathon-length workouts.

While you have the ambition for those lengthy, strenuous work-

outs, you just don’t have that kind of time to commit to exercising.

Suggested workouts: Something that’s short, sweet and to the point.

Try the 30-minute “Total Body Workout” at the Student Rec Center.

It is just long enough to be effective, but just short enough for you to spend the least time at the

gym as possible so you can get on to your next activity.

Your playlist
“Work” by Missy Elliot ft. Ciara
“Pump It” by The Black Eyed Peas
“Tick Tick Boom” by The Hives
“The New Workout Plan” by Kanye West
“Sabotage” by The Beastie Boys

Mostly D's: Self-motivating
When it comes to working out, you like to go at your own pace.

Watch out for: Plateaus. They can be frustrating for anyone, but especially for people who works at their own standards.

Suggested workouts: Choose something that challenges you, like an interval running work out or high-intensity cardio class. When you push yourself, you’ll achieve a new

goal, which is what keeps you coming back.

Your Playlist
“Stronger” by Kanye West
“Stronger (What Doesn’t Kill You)” by Kelly Clarkson
“Lose Yourself” by Eminem
“You’re Gonna Go Far, Kid” by The Offspring
“Attack of the 60 Ft. Lesbian Octopus” by Does It Offend You, Yeah?

Mostly F's: Ever-changing

You get bored easily, so you need a workout routine that always keeps you guessing.

Watch out for: Static, repetitive exercises. Doing the same routine every day won’t motivate you, and you’ll end up skipping your work out altogether.

Suggested workouts: Create a weekly schedule incorporating all dif-

ferent kinds of workouts for each day of the week. Try running, elliptical, bicycling, swimming, or whatever, just make sure you’re interested!

Your playlist
“212” by Azealia Banks ft. Lazy Jay
“Tell ‘Em” by Sleigh Bells
“Knights of Cydonia” by Muse
“Bangarang” by Skrillex
“The Girl and the Robot” by Royksopp

Square Fest ready to impress

By Sara Hall
Verge Reporter

Both new and seasoned local music performers will showcase music genres of all kinds on Saturday at the third annual Square Fest.

Scott Chaplinski, event coordinator of Square Fest, said the music festival will be a showcase of more than 40 acts the area, including a few groups from Chicago and St. Louis.

He said four comedians from Chicago are also scheduled to perform.

Chaplinski said the five-stage music event welcomes area musicians of all kinds to perform at the one-day music festival.

"All local bands are welcome," he said. "If they've played a show or two, they're more than welcome to play."

Chaplinski said a few younger solo acts will also be performing, something he said he is glad to provide for them.

"It's good to get a stage for them," he said.

Chaplinksi said music will be constantly playing at the festival, which is being held at

Top of the Roc, Mac's Uptowner, Friends and Co., Mother's and Indio Cigar Factory.

"Any time that one band is breaking down their equipment, another band will be there setting up," he said. "Music will be playing the entire time."

Chaplinski said he first started the Square Fest event in March of 2010 because he himself wanted a place to perform, in addition to



SUBMITTED PHOTO

creating a way for local musicians to showcase their talent.

"I was getting frustrated that I couldn't find a stage to play for more than three or four people," he said.

Planning this year's event has had its own challenges, Chaplinski said.

Chaplinski, who has been living in Denver, Co. for the past 14 months, said he is not being able to be physically present when organizing the event proved to be a challenge, but the planning has stayed on schedule thanks to help from his friends in Charleston.

"In the past I have set it all up just by knowing all the bands," he said. "Right now I've been working with all the bars and local promoters that I know who have had success with bands in the past."

This proper planning has proved to be effective for the event, Chaplinski said.

"I'm glad that I've taken steps in the past to prepare other people for long-term goals," he said. "For the music community, we've been working together towards a larger goal."

Chaplinski said he had been relying on the help of people he trusts to help the event continue moving forward while he was not here.

"It takes people who understand because there are so many different aspects to consider," he said. "It's harder doing online and on the phone, but people are getting better at what they do."

Chaplinski, who arrived in Charleston on Monday for the event, said he has been working

"I hear a lot of excitement coming towards the festival, and after people leave, they say they have a good time."

- Scott Chaplinski, event coordinator of Square Fest

hard since arrival to get the word out about the event.

"I've been hanging up posters since the second I got here," he said.

Chaplinski said he expects this year's Square Fest to go over as well as the ones in the past.

"It's always been fun and shenanigans," he said. "I hear a lot of excitement coming towards the festival, and after people leave, they say they have a good time."

Square Fest will officially be held from 2 p.m. on Saturday to 1

a.m. on Sunday.

Chaplinksi said a pre-party will begin at 8 p.m. on Friday at both Top of the Roc and The Uptowner with local music.

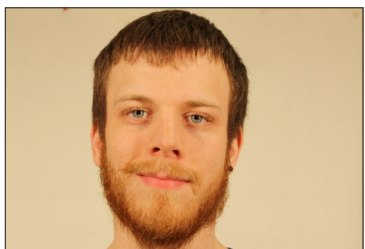
He said a history trivia will also be held at that time, and the winning team will receive wristbands for Square Fest.

Wristbands are \$15 pre-sale until 7 p.m. on Friday and \$20 on the day of the event.

Sara Hall can be reached at 581-2812 or smhall3@eiu.edu.

REVIEW ★★★★★

Playstation Network 'Journey' well worth taking



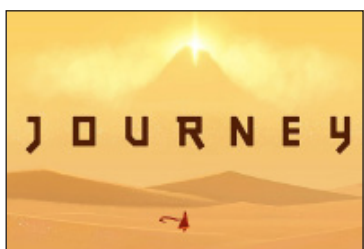
By Jonathan Posch
Verge Reporter

The PlayStation Network video game "Journey" goes for mystery and exploration, instead of exposition. It seems to take pride in just letting the player figure things out.

Unlike many modern games, there are no waypoints to follow. Such a thing would undermine what "Journey" is all about: discovery.

You start in a barren desert and in the distance, there lies a large mountain with light emanating from its peak.

Just by the way the camera is positioned in those first few moments, it becomes clear that that mountain is your ultimate goal.



To get there, though, you will be tested by the elements of the world around you and puzzles that will attempt to slow your progress.

Besides your basic movement, "Journey"'s nameless robed protagonist has two other capabilities: the ability to shout and to jump/glide.

The shouting sounds more like a musical chime than actually yelling and is used much like an action button throughout the game.

In order to jump, you'll need to recharge your scarf's power by collecting pieces of cloth floating through the air or shouting at scattered pieces of cloth that are stuck in the ground.

This mechanic works well, and you never feel like you are without the ability to jump when you real-

ly need it.

The most fast-paced action you will have in "Journey" comes from moments when you've reached the apex of a sand dune, only to ski down it at relatively high speeds.

It is done well and breaks up the bouts of puzzles, jumping and walking nicely.

Overall, there is no question that "Journey" is a beautiful game.

Everything from the visuals to the dynamically changing soundtrack is top-notch.

Just the way the sand animates as you plod through it is a sight to behold.

And then, of course, randomly throughout your journey, another player may join you.

While wandering through the land, and assuming you are connected to the Internet, sooner rather than later you will bump into another adventurer who looks very much like yourself.

However, you cannot see their PSN ID, or talk to them over the mic.

This guarantees your companion

is a total stranger in every sense of the word.

And yet, you feel attached to this other player.

With no voice or text chat supported, strategically using your shout ability will allow you to communicate with this other player.

It sounds crazy (and it may very well be), but after a while, you'll start to understand this new language.

For instance, when I wanted my accomplice to hurry up, I would tap the shout button quickly, and they would quickly rejoin me.

It is difficult to explain just how awesome this whole meta language works in text and really needs to be experienced to be appreciated.

Besides simply having a "friend" along for the ride, there are a couple bonuses for teaming up with another player.

Walking up and touching them recharges your jump right away, and any puzzles they solve within your vicinity will help you along.

Of course, if you would rather

experience your journey solo, you can always simply walk away from your fellow wanderer, and they will eventually disappear, though don't be surprised if another player randomly joins you a bit later.

There are times when "Journey" feels less like a game and more like an evocative interactive art piece, and I don't mean that in a bad way.

"Journey" is truly a one-of-a-kind game that proves sometimes less is truly more.

It likely won't take you any longer than two hours to finish "Journey," which means you may very well finish it in one sitting like I did.

Two hours of content for \$15 dollars on the PlayStation Network may not seem that great on a dollar-per-hour formula, but when a game is this enchanting and just downright great, it would be foolish to pass up.

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